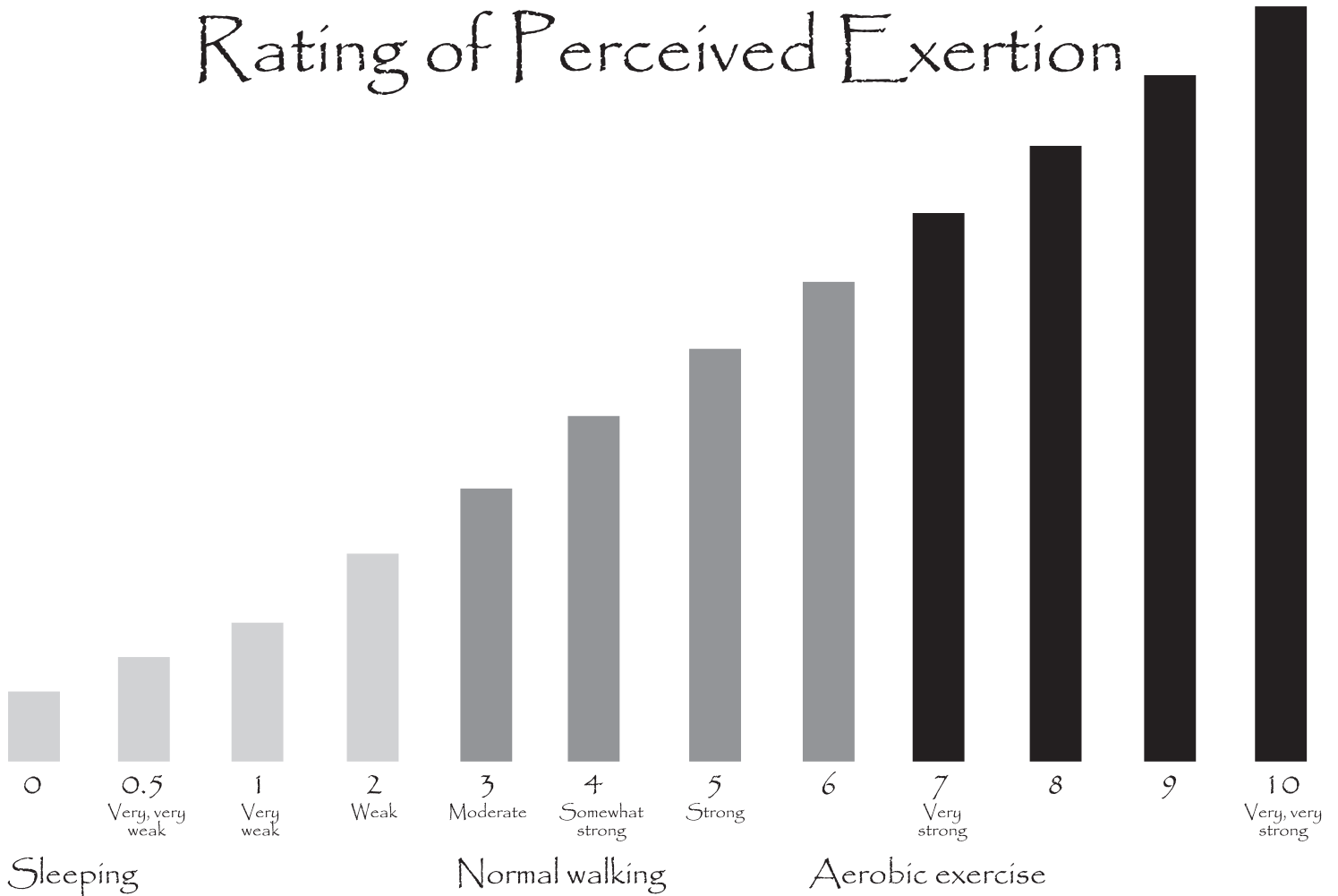


# Getting in Touch with How You Feel

How do you feel while you are exercising? If you want to know whether you should increase your effort while exercising or if you are working too hard tune into your body. Ask yourself how hard you are going on a scale of 1 to 10. Look at the Rate of Perceived Exertion Scale below and shoot for an effort between 6 and 8 next time you exercise.

## Rating of Perceived Exertion



How do you feel after exercise? You should feel invigorated! If you are very tired or feel pain in your joints you need to re-evaluate the type and/or intensity of exercise you are doing.

The talk – sing test. Another way to evaluate your effort during exercise is to take the talk – sing test. You should be able to talk while exercising but NOT sing.